

Spicy Italian Flat Bread

Yield: 4 min
Total Time: 798 min

Recipe from: <https://www.recipeschoose.com/recipes/italian-fried-flat-bread-recipe>

Ingredients:

- 2 cups all purpose flour \$0.28
- 1 teaspoon salt \$0.05
- 1/4 teaspoon bread machine yeast or instant, \$0.02
- 3/4 cup water \$0.00
- 1/2 tablespoon cornmeal \$0.02
- 1 tablespoon olive oil \$0.16
- 1 teaspoon Italian seasoning blend, \$0.10
- 6 ounces artichoke hearts \$1.29
- 1/4 red onion 0.20, \$0.20
- 3 slices salami I used Genoa, \$1.00
- 3 slices smoked provolone \$0.65
- 1/2 teaspoon crushed red pepper \$0.05

Nutrition:

1. Calories: 410 calories
2. Carbohydrate: 55 grams
3. Cholesterol: 30 milligrams
4. Fat: 14 grams
5. Fiber: 6 grams
6. Protein: 16 grams
7. SaturatedFat: 6 grams
8. Sodium: 1030 milligrams
9. Sugar: 1 grams

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